

Week 11: *Keep Walking Fun!*

Do you need some extra motivation to keep you moving on your track to better health? You have consistently been walking for 10 weeks, so you may be tired of your normal exercise routine. Here are some ideas to help keep your walking adventures fun!

- **Ask a friend to join you:** It helps to have an extra boost on days you don't feel like exercising. Having someone to encourage you on those days will benefit both of you. If you enjoy socializing while you exercise, this will meet that need as well.
- **Take your dog:** This is a great way to exercise and spend time with your pet. It can also provide additional safety if you are walking when it's dark out. Your new walking partner may also set a new up-tempo pace for you!
- **Try a new route:** If you are tired of seeing the same houses and scenery, then take a different turn or reverse your normal route. This may allow you to meet new people, or learn things about your neighborhood that you never knew before.
- **Walk with a purpose:** Instead of jumping in your car to meet your friend for breakfast or coffee...walk! You will burn those extra calories and save gas. You may even inspire those around you to walk the next time you meet.
- **Take your camera:** How many times have we all said, "I wish I had my camera for this moment!" There are so many beautiful things to see while you are exercising. Take special notice of the grass, flowers, trees and all of the other natural surroundings. If you feel inspired to capture the moment, you will have your camera ready!
- **Change what you listen to:** Instead of listening to just the radio, take along your MP3 player. You can download books, podcasts and your favorite music! This is a great way to listen to the book you have wanted to read or learn about a subject through a podcast. Make sure you have different tempos of music during your walk. Increase your speed when you have a faster song playing.



Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min

Visit www.inshape.in.gov for more online advice from First Lady Cheri Daniels.

A special thank you to Butler University for allowing INShape Indiana to film on their campus.



Special Hydration Needs for the Young & Old

Staying properly hydrated is critical for everyone. But children and aging adults should be given special attention because they are more vulnerable to the effects of dehydration.

Children

Children have a lower capacity for sweating and their bodies don't cool down as efficiently as adults' bodies do. They end up overheating more quickly. Since severe dehydration can be life-threatening, act fast to cool them down and re-hydrate.

Dehydration Symptoms in Children and Infants:

No tears, dry mouth and tongue, grayish skin, sunken eyes, sunken soft spot on an infant's head and decreased urination.

Keep Kids Hydrated

1. When children play outside in hot weather keep on top of their hydration. [Click here](#) for a chart that shows the minimum fluid amount for children.
2. Give kids a drink before they run outside to play; call them in frequently for beverage breaks.
3. Offer beverages children will enjoy, because studies have shown they'll consume 45% to 50% more when it's flavored and something they like.
4. Serve beverages at moderate temperatures (not too cold) to promote greater fluid intake.

Aging Adults

Older adults tend to drink less than their bodies need for several reasons, including a lower ability by the body to detect thirst, poor memory, illness or immobility. Certain medications can also block the thirst mechanism.

Dehydration Signs in Aging Adults

Light-headed, fatigue, impaired concentration and focus, dry skin and mouth, and increased thirst. Keep an eye on elderly neighbors, especially in the summer heat and help them stay hydrated.

Helping Older Adults Stay Hydrated

1. Encourage them to drink throughout the day even when they're not thirsty.
2. Keep beverages they enjoy nearby in non-breakable and easy-to-hold cups.
3. Offer as many high-fluid content foods as possible: gelatin, popsicles, fruits and soups.

Are you involved in an initiative to reduce smoking, increase physical activity, or other health promotion activity that involves multiple partners?

If so, consider applying for the **Indiana Healthy Cities and Communities Award** before August 15th, 2008 at <http://nursing.iupui.edu/international/>.

The Community Corner

YMCA of Michiana - Fourth Annual Night Moves 5K Run/Walk

When: Friday, July 11th @ 7:30 pm

Where: YMCA of Michiana, 1201 Northside Blvd., South Bend, IN

What: 5K Run/Walk that includes a 1 Mile Kids Fun Run/Walk, after event cookout with live music & awards. Corporate teams are encouraged to compete.

Contact: Mike Ghyselinck @ 574.287.9622 ext. 113 [Click for Details](#)

Three Rivers Family Fun: Bike, Walk or Run!

When: Saturday, July 19th @ 9am - Noon

Where: Fort Wayne, starting at Lawton Park - Clinton and 4th

Cost: \$5 for individuals or \$10 for families

Choose among a 2-mile walk, 3-mile run or a 6.5-mile (13 mile roundtrip) bicycle ride. Trailers for children and strollers are permitted. The event will conclude with a raffle, offering prizes for lucky participants. Registration will also be accepted on the day of the event at 8:15am. All participants must check in prior to the start of each event. Arrive early to secure a parking spot.

Contact the Parks Department @ 260.427.6000 [Register for this event online](#)

Friends of Columbian Park Zoo's Zoo Run Run 5K Fun Run and Walk

When: Saturday, July 19th @ 8:30am

Where: Columbian Park Zoo, Lafayette, Indiana

Details: A family-oriented fun run and walk to benefit Columbian Park Zoo. Race will be followed by a pancake breakfast and celebration of zoo's 100th birthday. [Click for Details](#) or contact Paige Ebner @ 765.807.1545, email: focpz@lafayette.in.gov.

Tippy Connect 5K Run/Walk

When: Saturday, September 27th @ 9am - registration begins at 8am

Where: Purdue West Shopping Center in West Lafayette

Contact: Tressa Wykoff @ 765.532.3939

Benefits: Big Brothers Big Sisters of Wabash Valley

Walk for Lupus Now

When: Saturday, September 27th @ 10am - registration begins at 9am

Where: Military Park, Downtown Indianapolis

Details: Walk a ½ mile or 2 mile route along the canal. Register online at walkforlupusnowin.kintera.org or call 1.800.948.8806.

American Diabetes Association's Step Out: Walk to Fight Diabetes

When: Sunday, October 5th - Registration @ 6:30am & 8:00am start

Where: Indiana Historical Society, downtown Indianapolis

Details: A few miles of walking, talking and making a difference - all at the pace of a leisurely stroll. You don't need to be an athlete - just think of it as a walk in the park! Anyone can participate! For more information, contact the American Diabetes Association @ 1.888.342.2383 or go to www.diabetes.org/stepout.